

Claims:

1. A photic stimulation process comprising:
 - a. stimulating a beta frequency in a range of from 15 to 20 Hz in a left brain hemisphere for a first period of time;
 - 5 b. simultaneously stimulating a low beta frequency in a range of from 12 to 15 Hz in the right brain hemisphere for the first period of time;
 - c. stimulating the left brain hemisphere and the right brain hemisphere at an alpha frequency in a range of from 8 to 12Hz for a second period of time; and
 - d. repeating steps (a), (b) and (c) from 1 to 6 times.
- 10 2. A process according to claim 1 wherein the first period of time is approximately equal to the second period of time.
3. A process according to claim 1 wherein the first and the second periods of time range from 2 to 10 minutes.
4. A process according to claim 1 wherein a shift from steps (a) and (b) to step (c) is 15 sudden and the shift takes about 30 seconds.
5. A process according to claim 1 wherein a shift from steps (a) and (b) to step (c) is ramped in 0.1 Hz increments and the shift takes at least three minutes. -
6. A process comprising: (a) obtaining a frequency of aberrant brain waves in a brain; and (b) stimulating the brain at a frequency that is approximately twice the 20 frequency of the aberrant brain waves to suppress the aberrant brain waves.
7. A process according to claim 6 wherein the frequency of stimulation in step (b) is approximately 20 Hz based on the aberrant brain wave frequency in the brain being approximately 10 Hz for seasonal affective disorder (SAD).
8. A process according to claim 6 wherein the frequency of stimulation in step (b) is 25 between approximately 14 to 18 Hz based on the aberrant brain wave frequency in the brain being approximately 7 to 9 Hz for fibromyalgia syndrome (FMS).
9. A process for dissociating a subject from self awareness comprising: (a) stimulating a left brain hemisphere at a first frequency using photic stimulation and (b)

simultaneously stimulating a right brain hemisphere at a second frequency using photic stimulation, wherein the first frequency differs from the second frequency by between approximately 0.1Hz and 3 Hz.

10. A process according to claim 9, wherein the process is alternated with stimulating
5 the left brain hemisphere and the right brain hemisphere at a low beta frequency in a range of from 12 to 15 Hz.

11. A process according to claim 9, wherein the process is alternated with stimulating the left brain hemisphere and the right brain hemisphere at low-alpha or theta frequencies in a range of from 5 to 9 Hz.

10 12. A process according to claim 9, wherein the process is alternated with stimulating the left brain hemisphere and the right brain hemisphere at a delta frequency in a range of from 0 to 4 Hz .

13. The process of claim 11, followed by the process of claim 10, conducted for from 3 to 20 weeks.

15 14. A photic stimulation process comprising: (a) stimulating alpha frequencies in a range of from 8 to 12Hz in the right brain hemisphere and (b) stimulating beta frequencies in a range of from 15 to 20 Hz in the left brain hemisphere for relieving symptoms of depression.

15. A photic and auditory stimulation method for pacing breathing in a subject to a
20 predetermined breathing rate in the range of from 5 to 7 breath cycles per minute, the process comprising: (a) exposing the subject to an auditory cue; and (b) simultaneously exposing the subject to various stimulation frequencies or combinations of frequencies.

16. A method according to claim 15 wherein the auditory cue is a synthesized heartbeat sound.

25 17. A method according to claim 15 wherein the auditory cue is be provided at from two to four times the predetermined breathing rate.